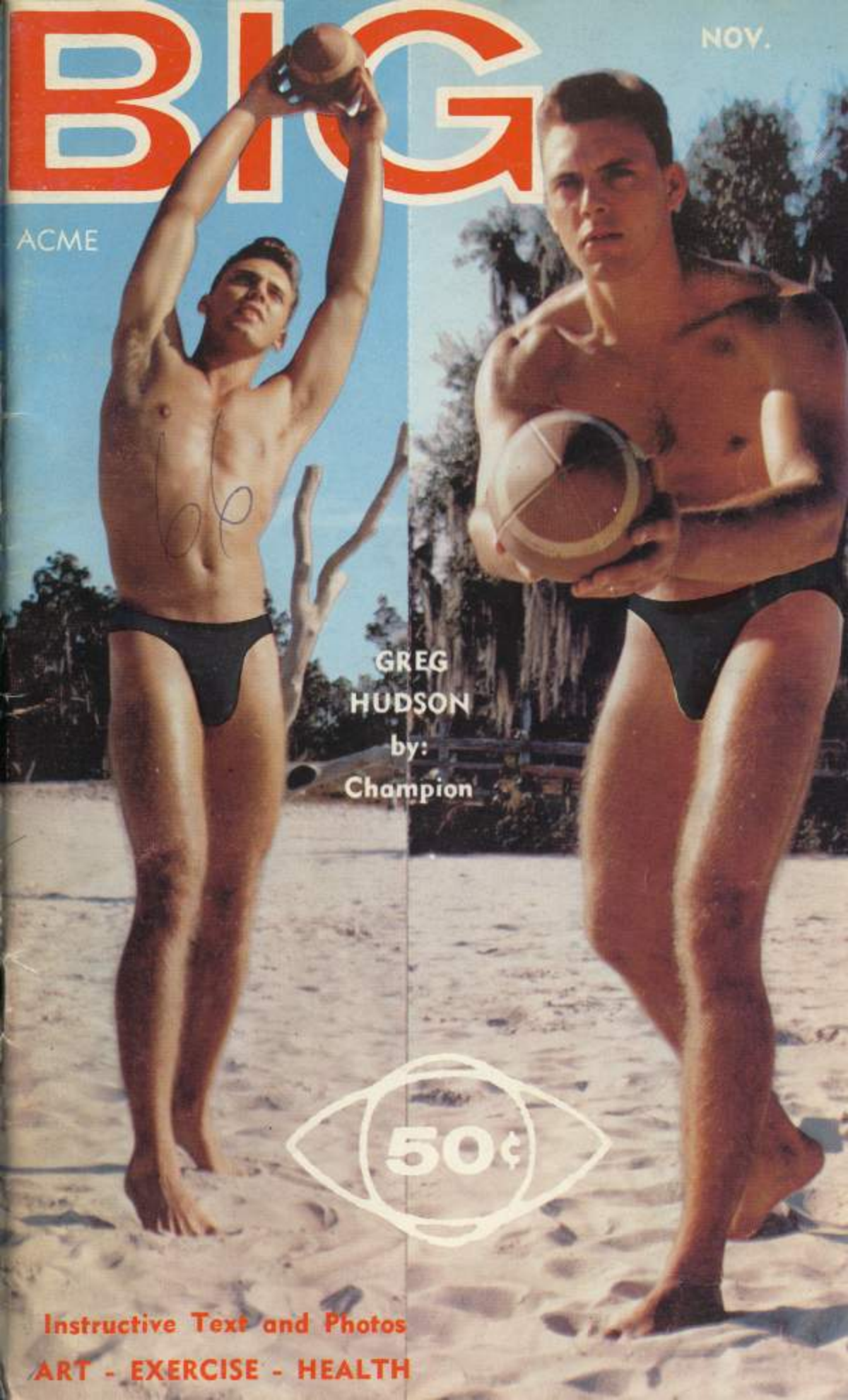
BIG

NOV.

ACME



GREG
HUDSON
by:
Champion

50¢

Instructive Text and Photos
ART - EXERCISE - HEALTH

GREG HUDSON, ex-Navy, now is a persuasive salesman. He crams fashion modeling, racing cars, and outdoor water sports into his spare time.

VOL. 4, NO. 7 NOV. 1966

Eye of the ARTIST

Eye of the BEHOLDER

Eye of the CAMERA

THE BIG VIEW

BIG's point of view should serve to inspire the development toward perfection of mind, body and health.

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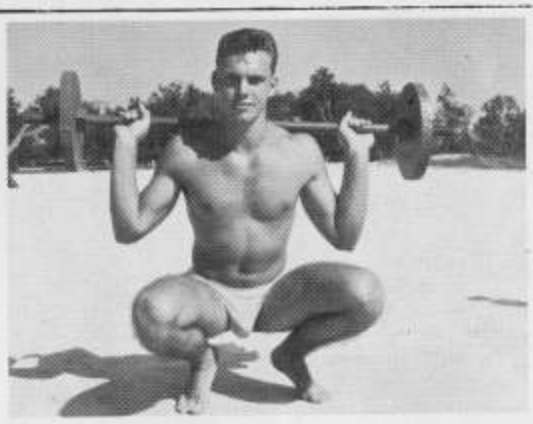
TRIM & FIRM YOUR HIPS & THIGHS



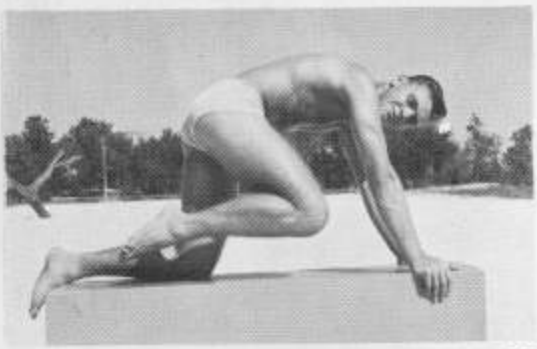
THE BIKE RIDE. Lie down on your back and raise the legs and hips. Support the hips by placing your hands in the small of your back as shown. Now make vigorous cycling motions with the legs. Start with 12 cycles for each leg and gradually increase to 40 cycles and 3 sets for each leg.

THE FLAT FOOT KNEE BEND is wonderful for taking fat off the hips and thighs and for building up imbalanced areas in the legs. Using a light weight to start, place it across the shoulders behind the neck and keeping the feet apart and the back straight, bend the knees until you reach the position shown. Then rise to erect position. Exhale going down and inhale going up. Start with 6 reps and increase to 20 and 2 sets. Gradually increase the weight as your strength improves.

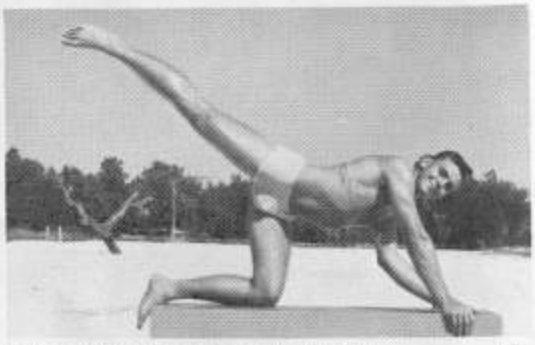
A

B

THE STANDING LEG KICK is great for contouring the thighs. Assume position in Fig. A. Then kick out right foot as in Fig. B. Return the leg to starting position and repeat the kick without letting the right foot touch the ground until 5 reps have been made. Then make 5 reps with the left leg. Increase to 20 reps and 2 sets for each leg.



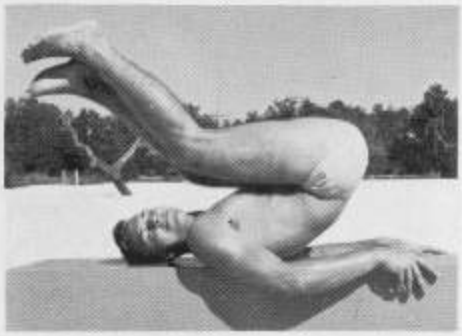
A



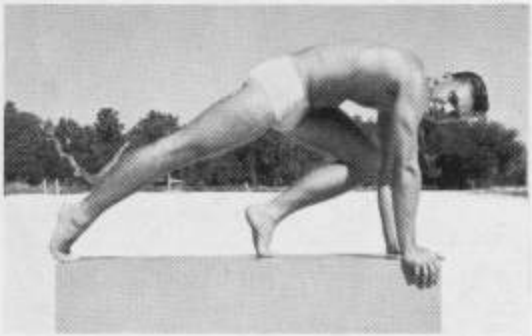
B

THE HORIZONTAL LEG RAISE affects mainly the hips and sides of thighs. Lie flat on your stomach and then raise yourself until you are on your hands and toes as in Fig. A. Then raise your leg as high as you can as in Fig. B. Lower leg to starting position and repeat the entire movement 5 times and then do the same with the opposite leg. Increase as you can to 12 reps for each leg and two sets.

IF you are tired of having weak and flabby hips and thighs, why not get started right away, with your doctor's blessing, and soon surprise your friends with newly acquired pep and youthfulness by following the exercises on these pages.



HIP BEND. Lie flat on your back with hands at the sides. Raise your legs upwards and overhead in a slow arc and try to touch the toes to the ground behind you as illustrated. Some may find this a bit difficult at first but continued practice will bring success. Try at least 4 reps and increase to 10 and two sets.



BENT OVER RUNNING MOTION. Assume position shown with one leg extended to the rear, keeping the knee straight and the opposite leg bent under the chest. Now reverse the leg positions always straightening out the rear leg. The movement should be done fairly fast. Start with about 8 reps and increase to 30 and two sets for each leg.

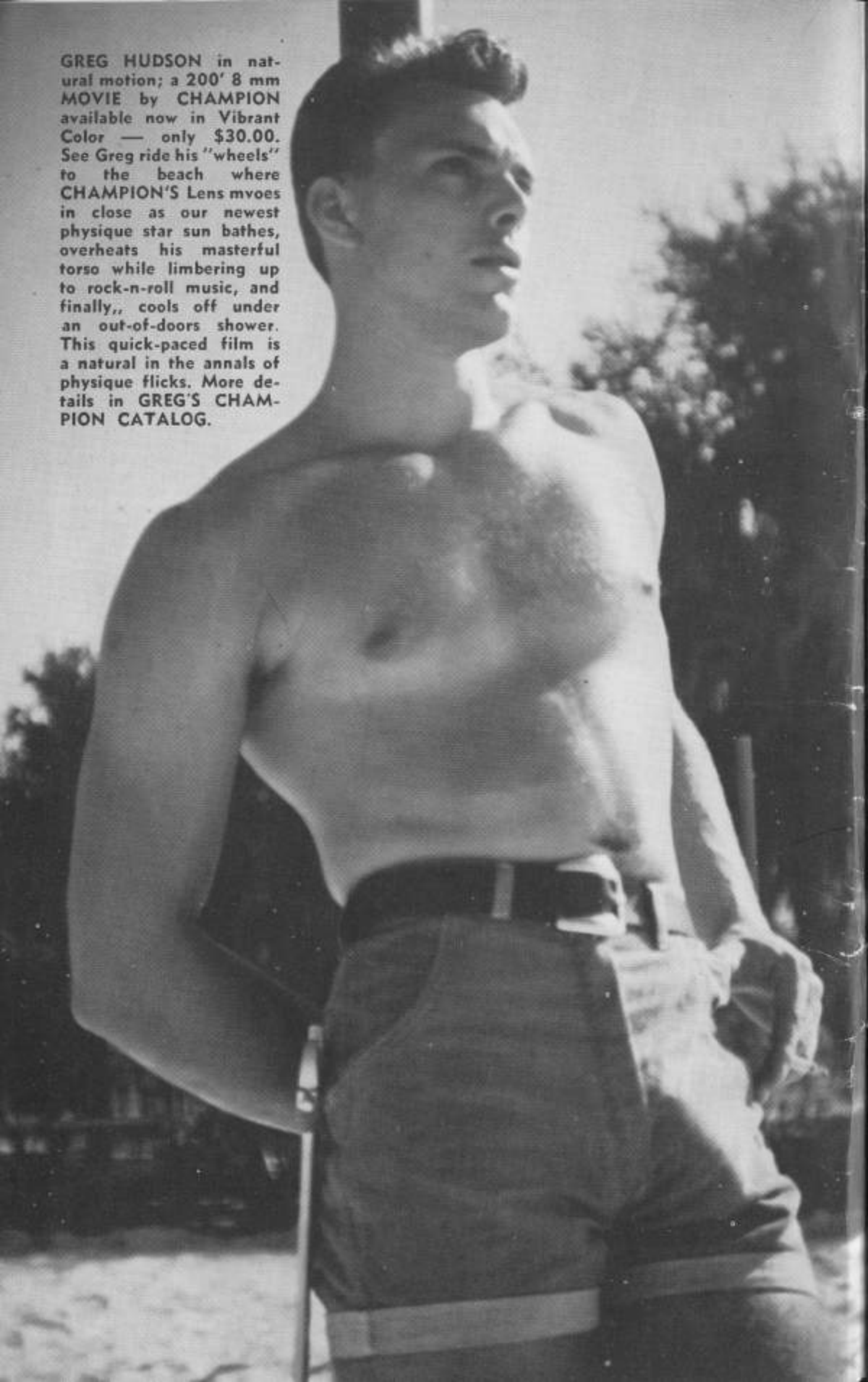
A

B

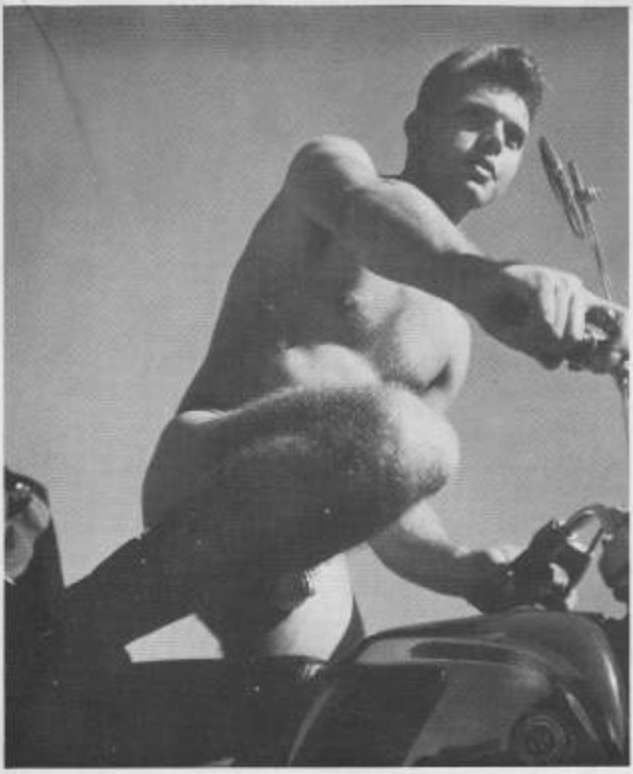
THE STANDING LATERAL RAISE will firm up the hips and outside part of the thighs. Assume position in Fig. A. and while trying to keep the body straight raise one leg sideward as in Fig. B. Do this at least 8 times and then do the same with the other leg. Increase to 15 reps and 2 sets. Those who have very large hip bulges should increase to 30 reps and at least 3 sets.

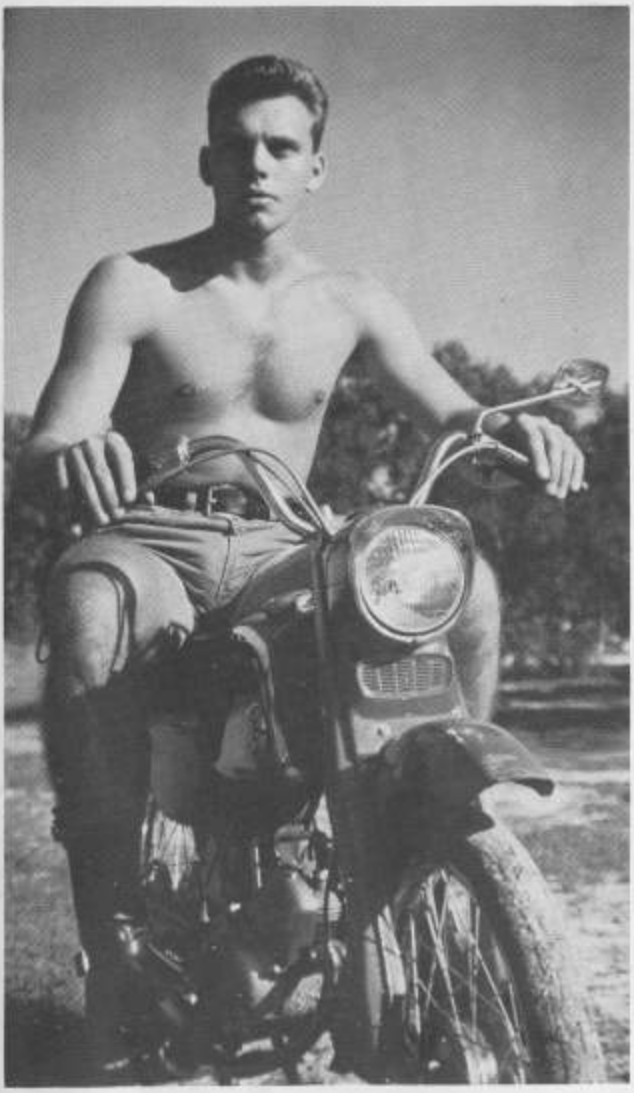
THE FORWARD BEND is especially for conditioning the back of the thighs. Stand erect with feet apart and holding a ball or other object with arms straight overhead, bend forward at the waist as far as you can without straining. Keep the knees straight and try to reach the position shown. Exhale as you bend forward and inhale as you straighten up. Begin with 5 reps and increase to 15 and 2 sets.

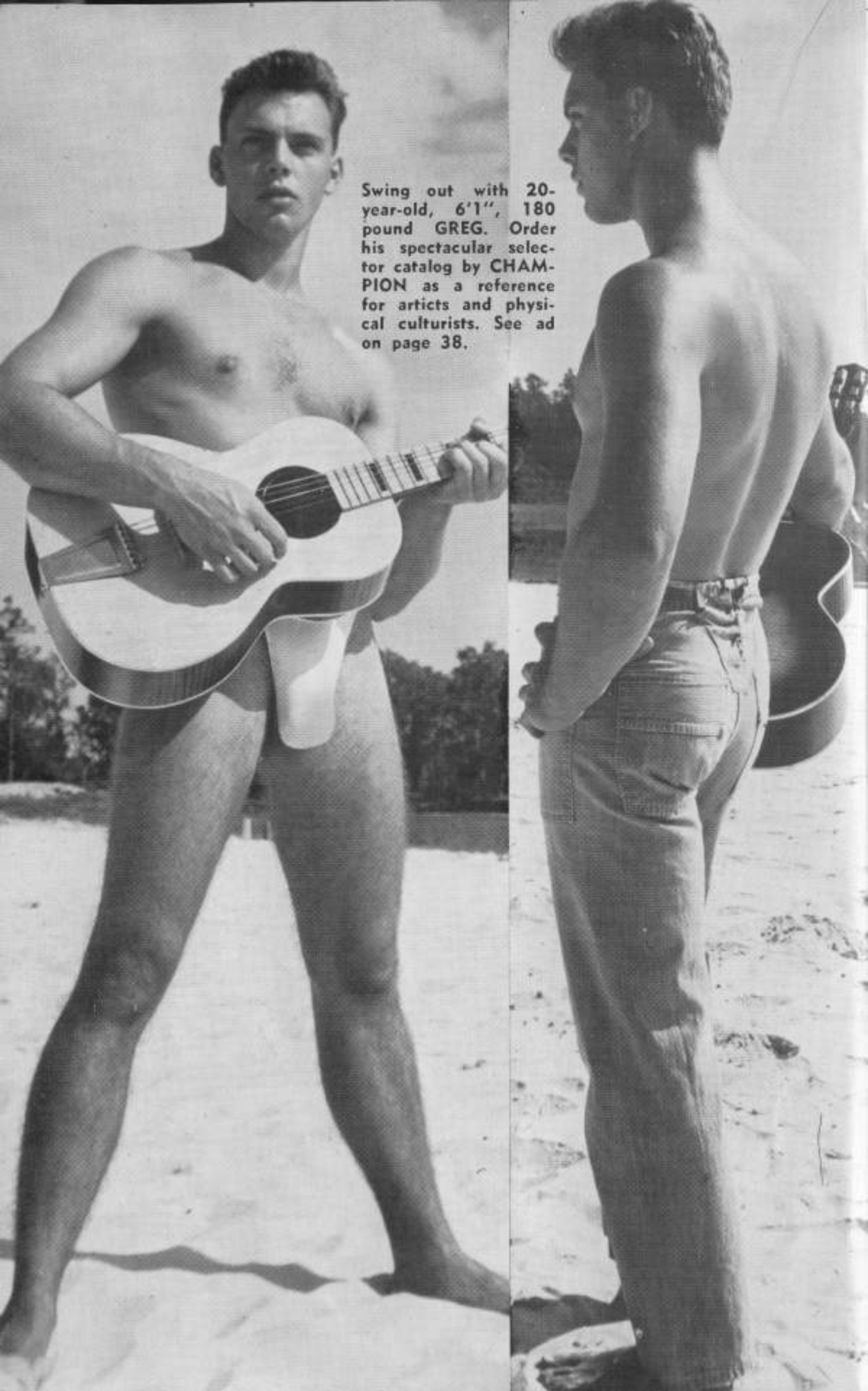
THE PRESSURE RELEASE STANCE is used regularly by professional dancers to relieve the blood pressure in the legs and feet and combat the possible forming of varicose veins. This is accomplished by assuming the position shown for a period of time each day. The length of time can be increased from 2 to 10 or more minutes and should be practiced daily by everyone because it is very beneficial to all. It is best done at day's end



GREG HUDSON in natural motion; a 200' 8 mm MOVIE by CHAMPION available now in Vibrant Color — only $30.00. See Greg ride his "wheels" to the beach where CHAMPION'S Lens mvoes in close as our newest physique star sun bathes, overheats his masterful torso while limbering up to rock-n-roll music, and finally,, cools off under an out-of-doors shower. This quick-paced film is a natural in the annals of physique flicks. More details in GREG'S CHAMPION CATALOG.

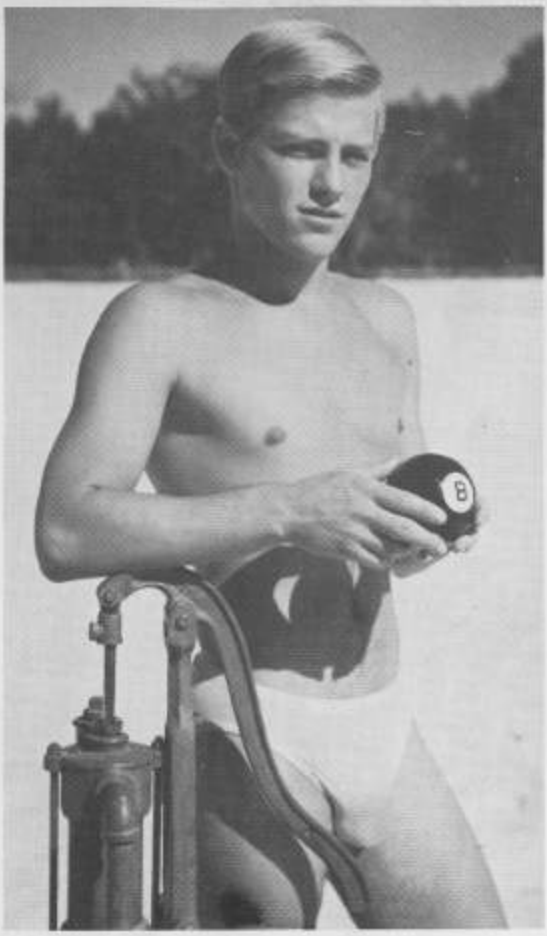


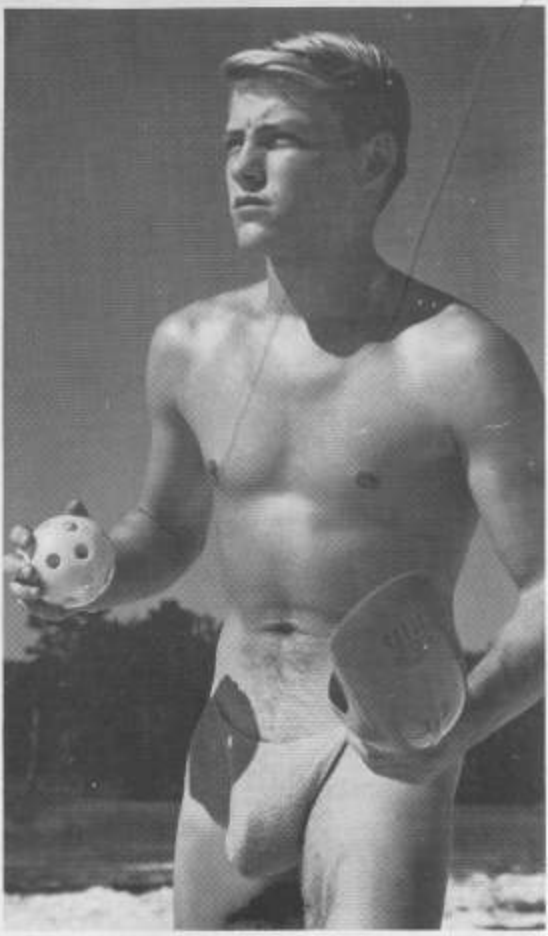




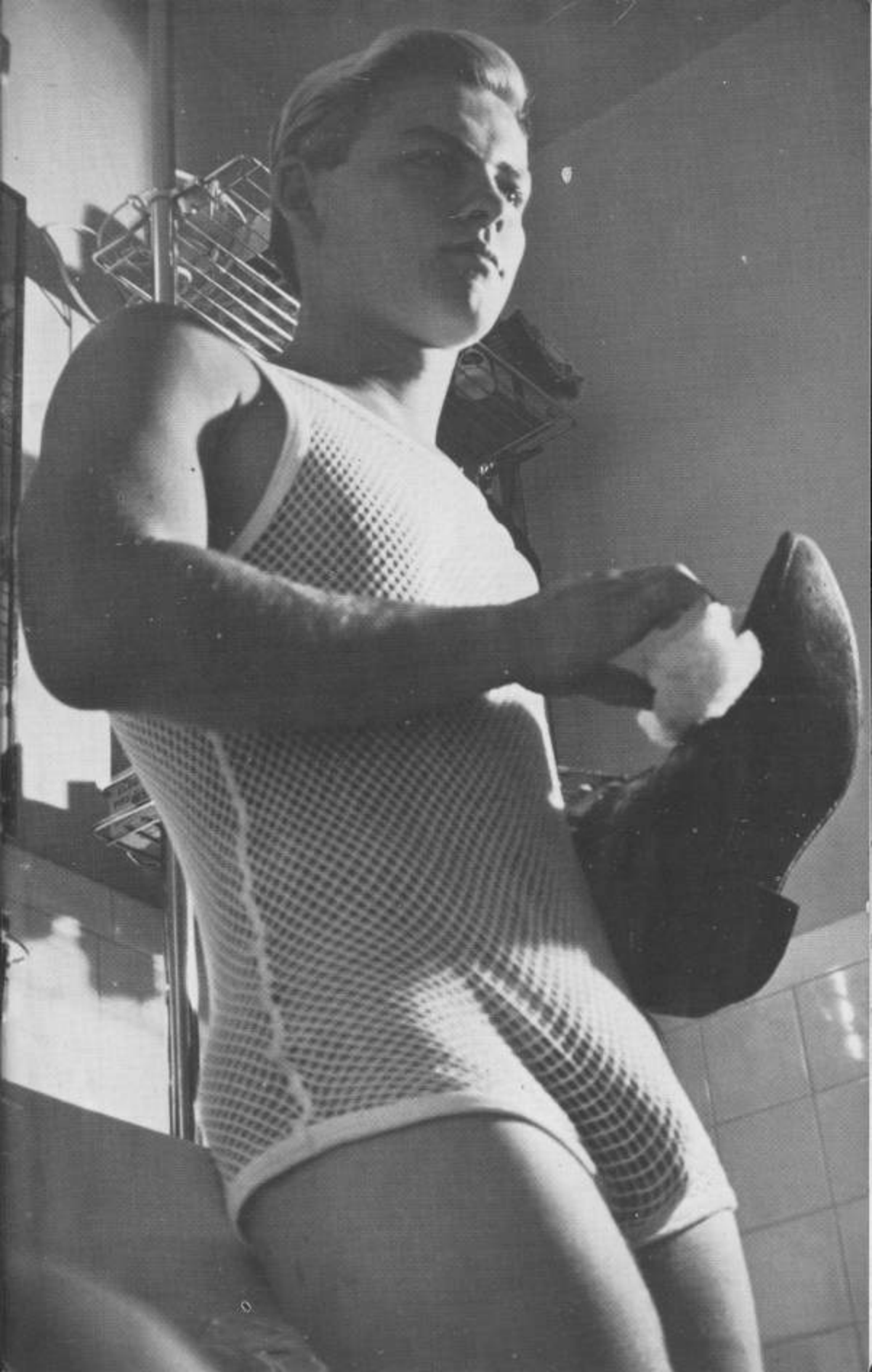
Swing out with 20-year-old, 6'1", 180 pound GREG. Order his spectacular selector catalog by CHAMPION as a reference for artists and physical culturists. See ad on page 38.

Blond and blue eyed **DANA SUMERS** displays his 5'8" and 145 lb. frame in some of the smartest, up-to-date young men's fashions as a part-time model.

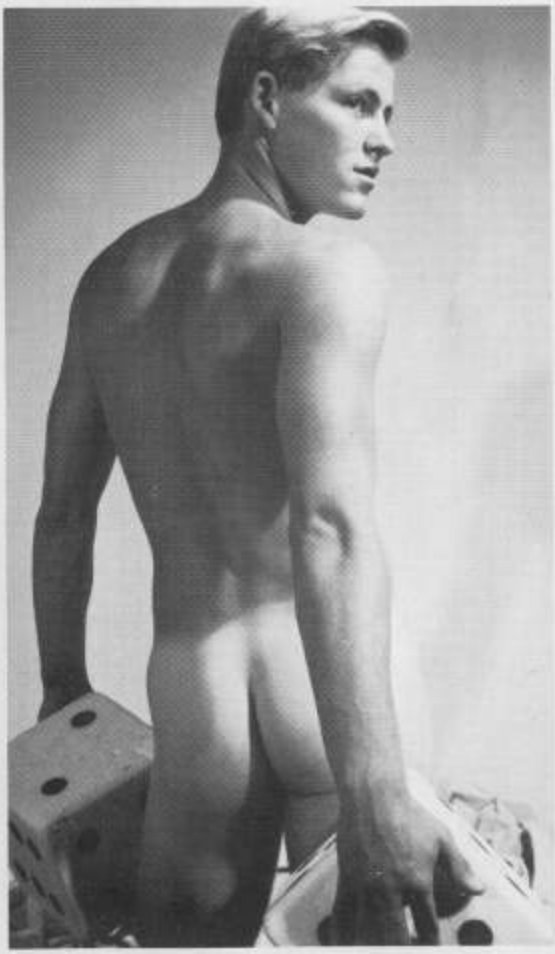


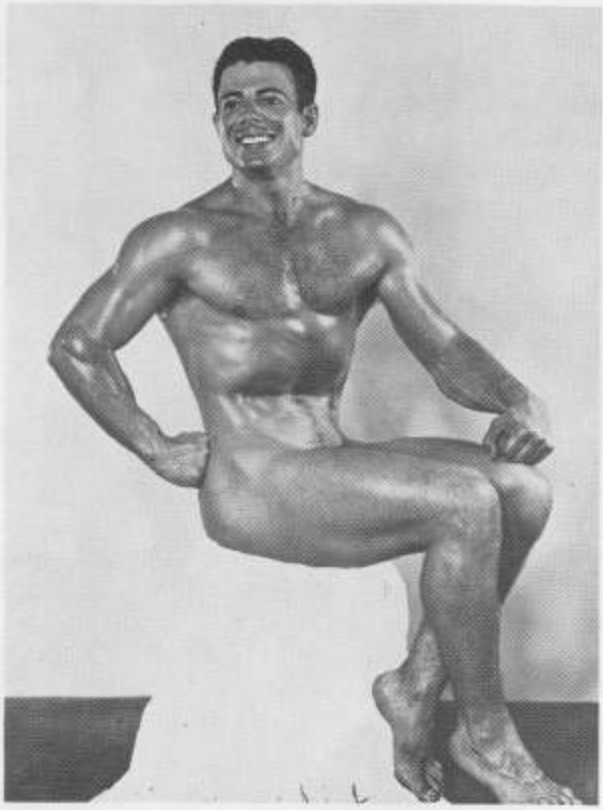


Champion now presents a NEW 8mm MOVIE: DANA SUMERS — "Twister, Rebel Sayle" in full 200' radiant colod, $30.00. Dana explodes into real "Go-Go" action on the beach. Here's where the action and happening are! See this lively one! Send for Dana's Champion catalog for further information.



DANA SUMERS, 18-year-old rebel who was once "behind the eight-ball". He triumphed over a severely injured leg that threatened his strength, health and happiness. DANA'S CHAMPION selector catalog of colorful reference photos are a convincing testimony to has victory over his handicap. Turn to page 38 for ad.





May we present
DICK FALCON
former athletic champion, physical trainer, model, writer and photographer. Dick's photos have been published in many magazines both here and abroad.

How Is Your Health?

Be Encouraged with: Dick Falcon's Success Story

by FRANCES FALCON

"I'M SO PROUD OF MY BROTHER"

For a number of years now in my hometown, Columbus, Ohio, I have been stopped by total strangers and asked if I were related to Dick Falcon, the weight lifting champion. Dick is my older brother and we bear a strong facial resemblance. Dick became well known after he and his teammates participated in many athletic contests in various states. Dick's pictures were published in newspapers and in American and European physical culture magazines. as an exponent of healthful living an athletic star. He operated a health studio in Columbus and helped many people on the road to good health.

HEADED FOR A LIFE OF MISERY

However, my brother was not always athletic. In fact, for the first 18 years of his life, he seemed to be headed for a life of misery, aches and pains. He was under-sized for his age, very skinny and complained of constant cramps and headaches.

My parents, sister Trudi and I experienced similar ailments but they seemed more agonizing to my father and brother. Father often had such severe stomach cramps that he was unable to work regularly. My brother supplemented the meager family income with money earned from his after-school newspaper route and occasional odd jobs.

In this sickly condition, Dick wasn't benefitting from school lessons and gave up college aspirations after barely graduating from high school. Our parents had hoped that he would go on to college to become a lawyer or doctor.

AN ENCOURAGING WORD SET HIM THINKING

Shortly after his employment in a local hotel he found a discarded copy of the magazine "*Physical Culture*" in the hotel paper salvage department. This magazine was published by the late Bernarr MacFadden and had articles on proper eating, sunbathing and exercise. In this magazine, Dick, for the first time read expressions like - malnutrition...constipation...then, like a bolt of lightning it dawned on Dick that he had been suffering from malnutrition and chronic constipation! All his ailments had been caused by incorrect eating and irregular elimination. All those years he had been existing on meals made up chiefly of white flour products, gummy cooked polished rice, occasional greasy lamb stew, grease-soaked fried po-

tatoes and pork sausage, black coffee, very little milk, fruits and vegetables. These foods were cheap, went a long way and the best father could afford.

Dick brought home the "*Physical Culture*" magazine for us to read, but we all scoffed at the articles. None of us would believe that food had any connection with our ailments. But Dick was undaunted. He now recalled a health store he had passed occasionally that had previously made no impression on him. Dick hurried to this store, taking the health magazine with him. He was greeted inside by a happy-looking lady who was surrounded by many strange food brands. Dick handed her his magazine, explaining he had been suffering from malnutrition and constipation and wanted more information on this subject. She sold him some natural laxatives and suggested to Dick that he contact the local Bernarr MacFadden representative who could place him on the diet he required, after which, she would be glad to sell him the natural foods he would need. The clerk gave Dick the address of the MacFadden man and my brother lost no time going to this address.

He found it to be a massage and steam bath parlor with all sorts of exercise equipment being used by a number of men in various states of undress. The man Dick was looking for was Dr. William H. Kinsinger who proved to be a tall dark-haired impressive man and the manager of the establishment. Dr. Kinsinger listened carefully to Dick's story. He also checked my brother over and told Dick that proper food, deep breathing, corrective exercises and sunbathing would do wonders for him. My brother placed himself under Dr. Kinsinger's complete guidance and was started on the road to better health that very evening.

With some misgivings, Dick let himself be given colonic irrigation, some strange exercises, a steam bath, followed by a shower and massage. After all this Dick felt better than he had all his life! My brother was given this treatment four times the first week. He was learning the value of natural foods, proper posture and *regular daily* bowel movements.

This was all new to Dick but it was doing him so much good and making him feel so wonderful that his main topic at home was the importance of healthful living for good health. Dick ate most of his meals at the hotel where he was employed. Whenever he ate at home, now, he would prepare his own meals which included a lot of fresh fruits and vegetables.

PRACTICE MAKES PERFECT

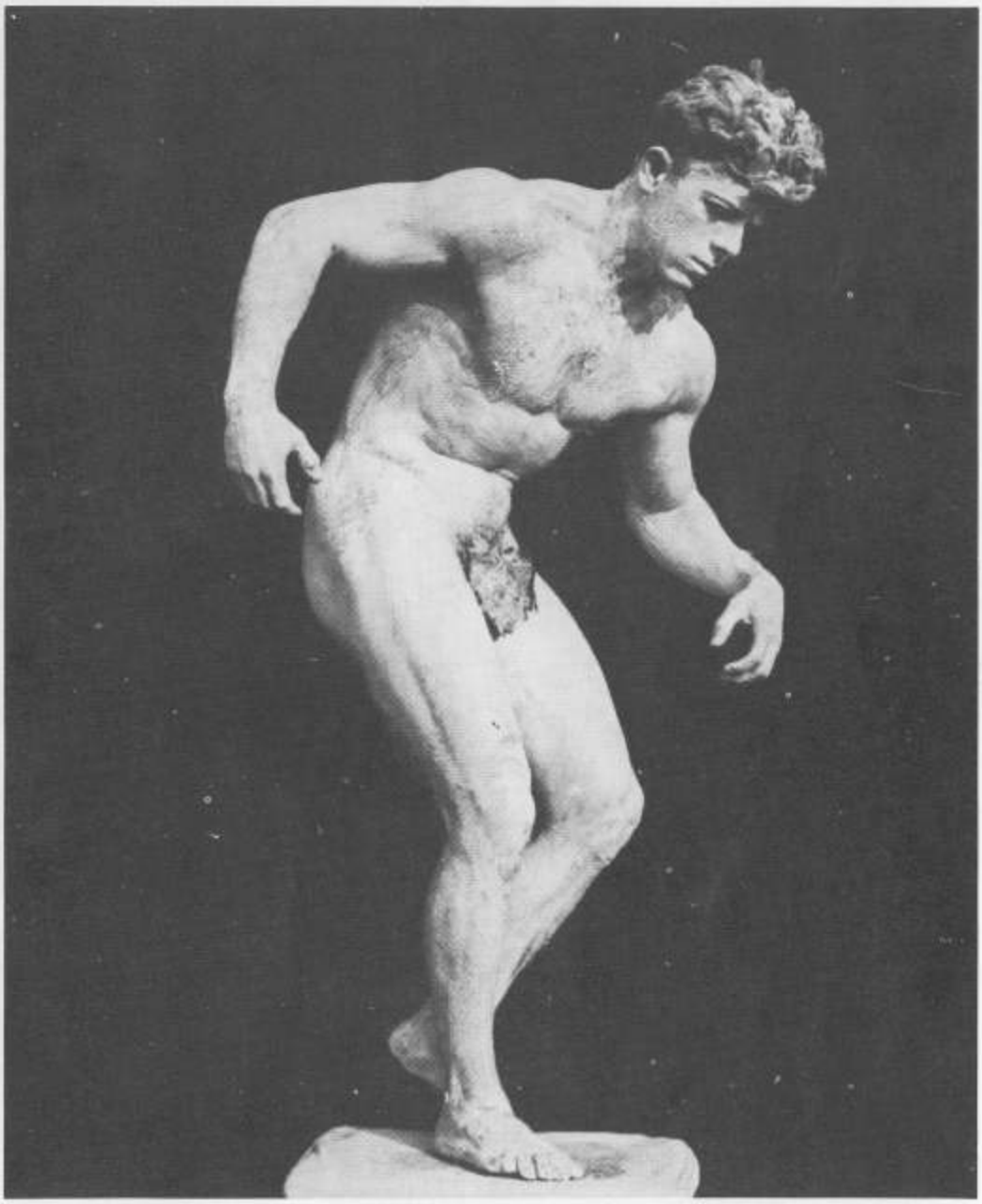
That Saturday evening Dr. Kinsinger invited Dick to accompany him early Sunday morning to his outdoor health camp located several miles north of Columbus and Dick accepted the invitation, bringing his bathing suit along. But he was not to use the suit because Doc's health camp was a Nudist Camp!

Dick, like so many others, had never heard of a nudist camp. I recall his telling me how shocked he was to see all those people of mixed gender and various sizes and ages, running around without any clothes. He saw some who were almost as skinny as he, and some who were rather fat . . .all of whom were going through different exercises.

Doc introduced my brother to the group and everyone behaved in such a normal manner, even though they were nude that Dick felt self-conscious clothed and bashfully undressed also. No one ridiculed his white and skinny body. He joined the others in exercise and soon became accustomed to being together with such a friendly group of nude people. Dick became sold on healthful living and nudism. In a year's time, by proper eating, exercising and nude sunbathing he acquired a nice looking body and was completely cured of his constipation, stomach trouble and headaches.

My brother changed so much I hardly could believe he was the same person!! Dick even became a vegetarian for awhile and fasted one day a week. His once flat chest became high and deep and where he used to walk in a shuffling manner, he now walked with a brisk stride. His complexion became clear and he main-

Living Sculpture



An apt title for this picture because it is an actual photograph of a live model, made up to resemble a statue in order to lend realism for a class in sculpture. This effect was created by mixing equal parts of cold cream and glycerine, which was then smeared on the body of model Dick Falcon. His hair was dusted with talcum powder.

tained a nice tan as long as our weather permitted. Dick had at long last, found health by following the teachings of that pioneer nudist leader, Dr. William H. Kinsinger, and nudism had gained a staunch member.

Later, Dick learned about barbell training and on his vacation, visited the leaders of the day in the barbell field located in New York, New Jersey and Pennsylvania. He met many fine looking physical culturists. All imparted information and encouraged him to continue his exercise. While in New York, Dick met Mr. Bernarr MacFadden who gave him some back copies of his "*Physical Culture*" magazine. Mr. MacFadden urged Dick to continue the healthful way of living and submit pictures to the magazine as soon as he gained more weight. This, my brother subsequently did and was thrilled to see his pictures published full page in "*Physical Culture.*"

ENTHUSIASTIC APPLICATION

Upon his return to Columbus, Dick interested some friends in forming a health studio which was called the Falcon Athletic Club. It was equipped gradually with all sorts of exercising devices such as barbells, dumb-bells, pulleys, chinning bars and punching bags. Three days a week were set aside for men and three days for women. In conjunction with the health studio, the members who were interested, also had access to the Falcon Health Camp which was a private nudist camp located west of the city. Here members could sunbathe, swim in the clear running waters of the creek, play volley ball or use some of the camp pulleys and weights. Here - no smoking was permitted. No flabby bodies remained flabby long. Every member lived a clean, active, healthy life and the topics of the day were the wonders of natural foods, natural living and athletics.

The Falcon Athletic Weight Lifting Team was later formed and the team won many contests. My brother won city, state and national titles in his bodyweight division and his pictures were published on several magazine covers as well as on full pages in magazines published as distant as China! Dick and some of his club members served as artist models for university and art school classes in Columbus for many years.

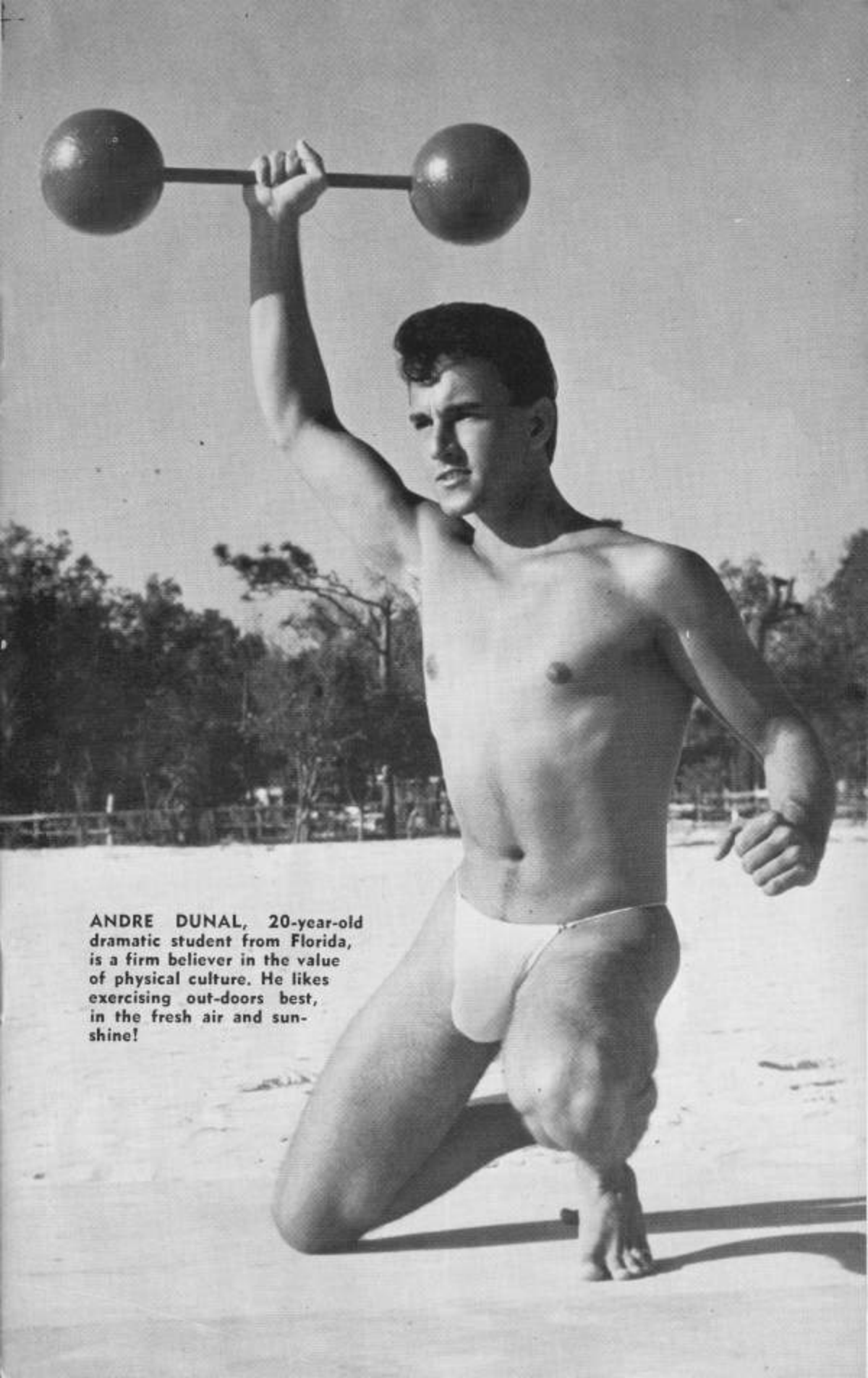
TIME FOR SUPREME SACRIFICE

World War II caused my brothe and his group to disband and som of the members made the suprem sacrifice for our country. Stil others returned as cripples. Som had lost a hand, an arm or a leg Dick served as a physical trainir instructor in the Air Corps as di several other of his teammates ur til the end of the war.

NEW HORIZONS

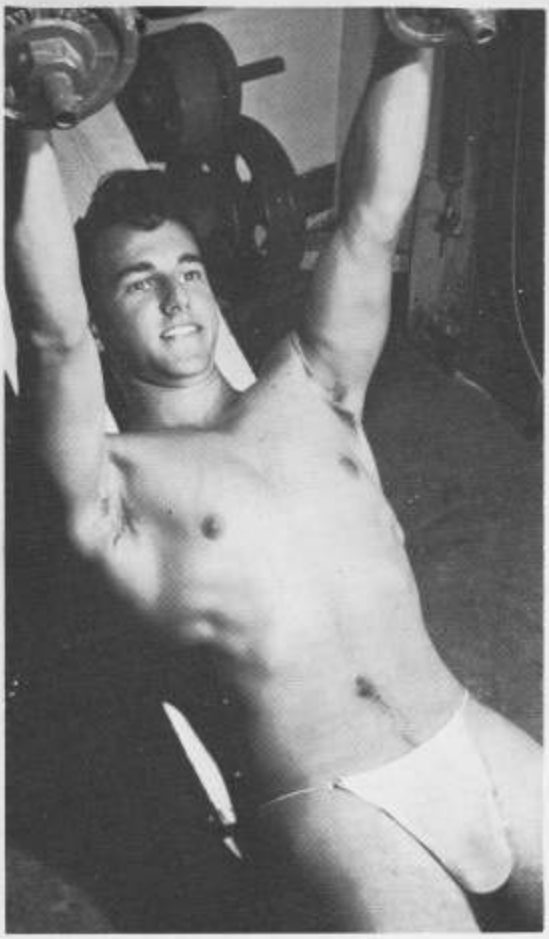
After his discharge from t Service, Dick travelled extensive for several years studying physic culture the world over, and final settled in Tampa, Florida. Now livi in Tampa, he has become a leadi member of a new social sunbathi group called the "Sunshine Beac Club" located north of Tampa. He h been voted as secretary-treasure and staff photographer of this ne club. His inspiring photos ador many pages of the finest nudis magazines. Dick also maintains private gym to which he invites hi friends to stay physically fit b exercise. His body is firm and wel defined - making Dick one of th most popular models at the Beau Arts Gallery in Florida.

Proper eating, exercising, deep breathing and nude sunbathing have become life-long habits with my naturist brother. He and I feel that everyone can benefit from the practice of eating properly and exercising about three times a week to build up, reduce, or retain muscle tone and a pleasing figure. An exercise program, of course, should be devised to suit the individual's needs, age and physical condition when beginning the program. In this manner, many underweight and overweight people can have a more pleasing and healthier body. Whatever your health problem may be, don't be discouraged. My brother successfully found health and happiness and so can you - - - be encouraged!! ■

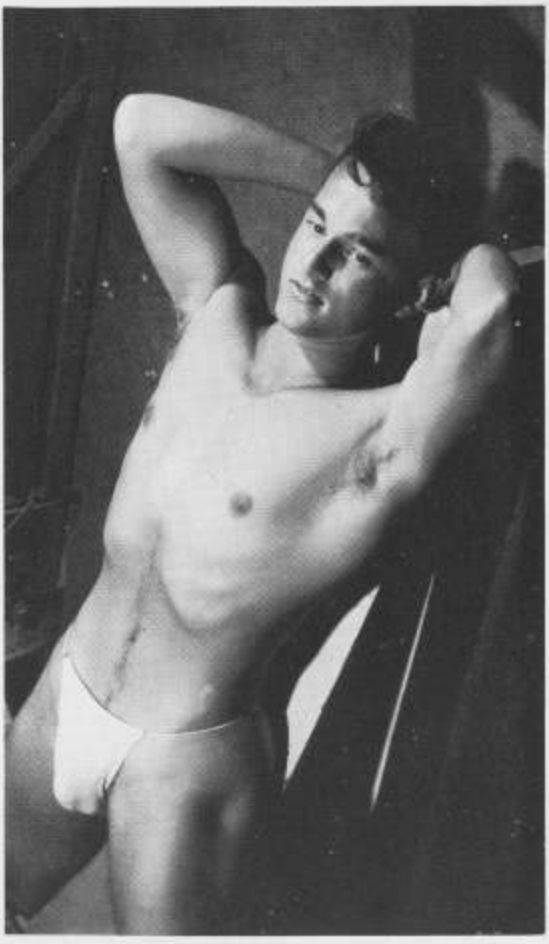


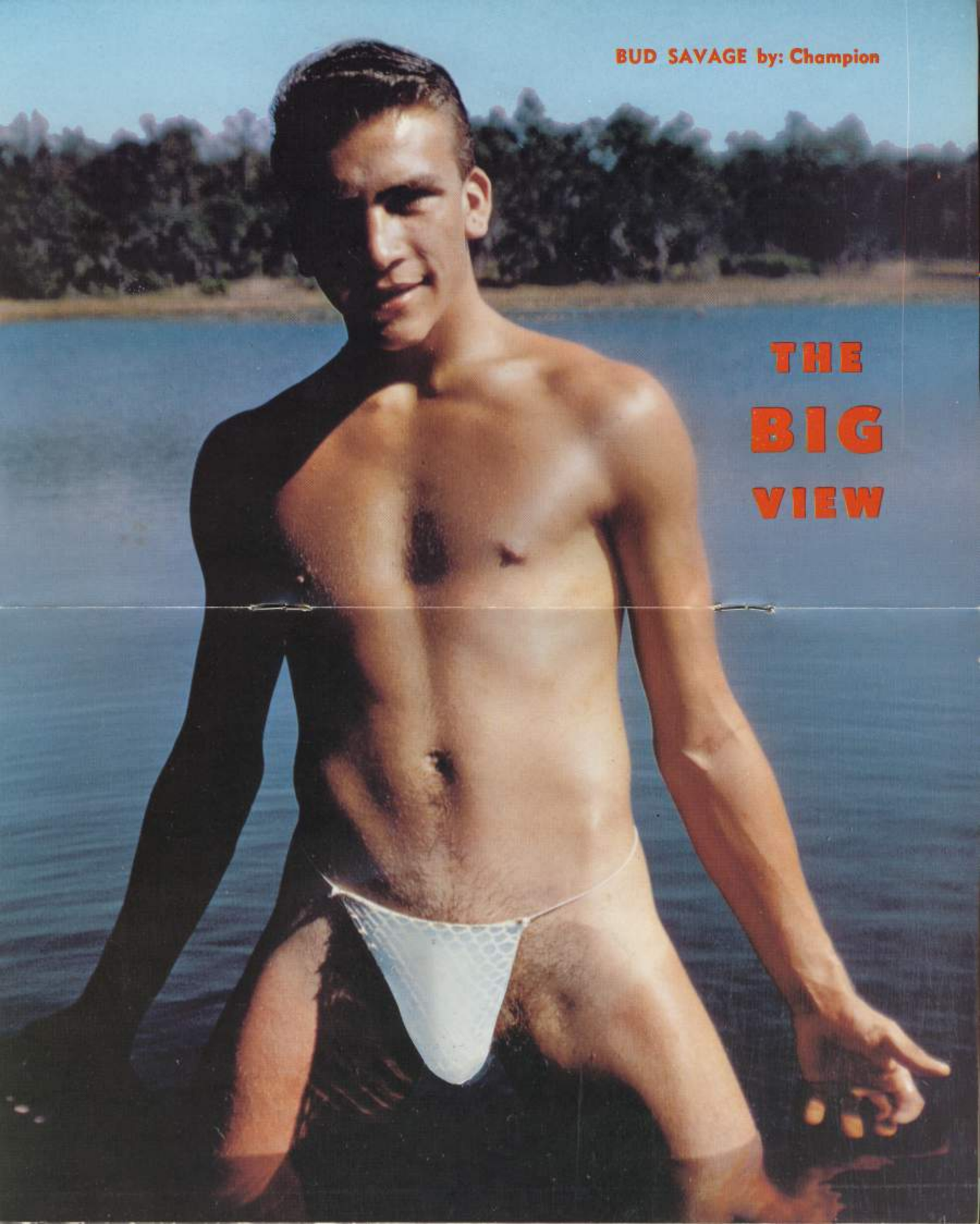
ANDRE DUNAL, 20-year-old dramatic student from Florida, is a firm believer in the value of physical culture. He likes exercising out-doors best, in the fresh air and sunshine!

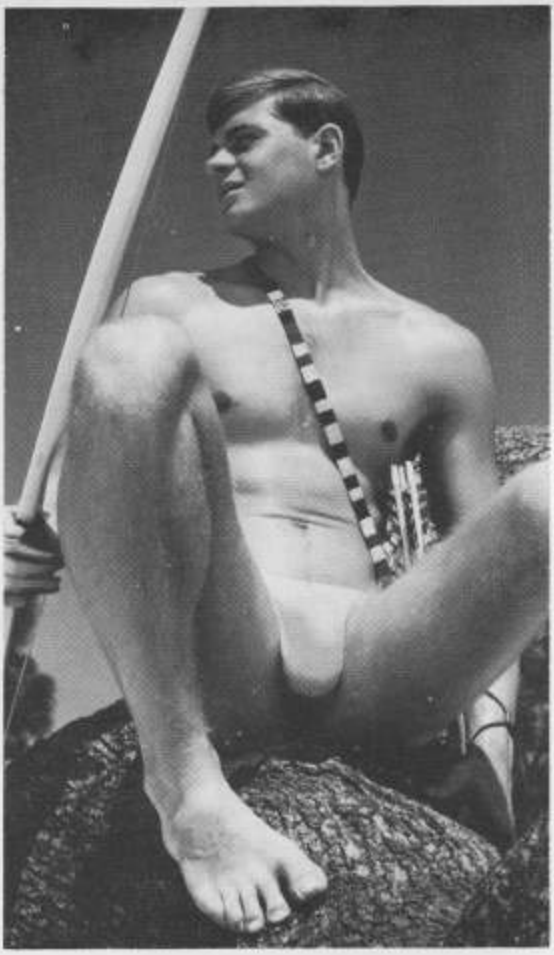
Here **ANDRE DUNAL** gracefully poses around a tiger skin that he furnished for Champion. Andre was instrumental in adding this beautiful skin t ohis family's collection on one of many safaris in once French-Indo China.



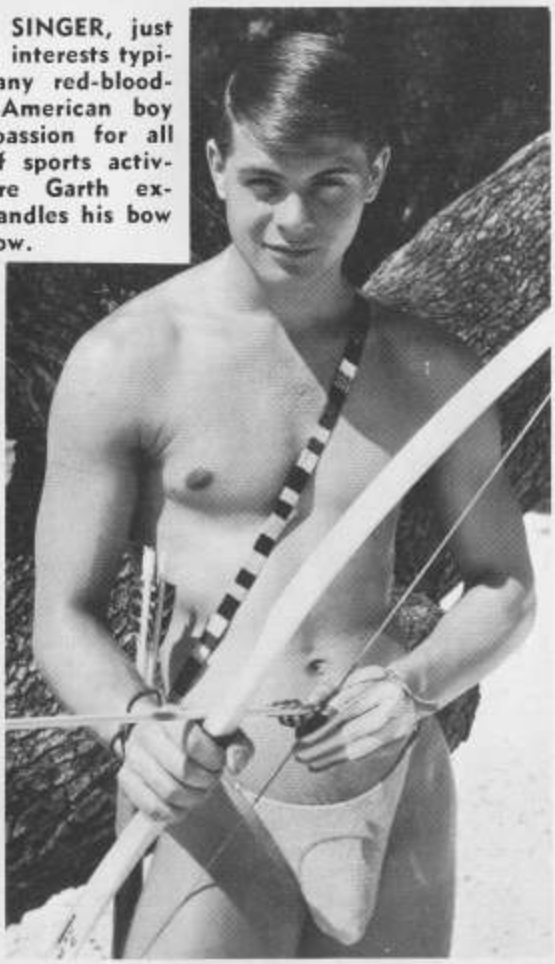
ANDRE continues his program of body toning to enhance his craeer in dramatics with vigorous exercise in his home gym during the winter months.




BUD SAVAGE by: Champion
THE
BIG
VIEW



GARTH SINGER, just 19, with interests typical of any red-blooded, All-American boy has a passion for all forms of sports activity. Here Garth expertly handles his bow and arrow.



GARTH digs getting around the country on his cycle. He babies it almost as much as he does himself.

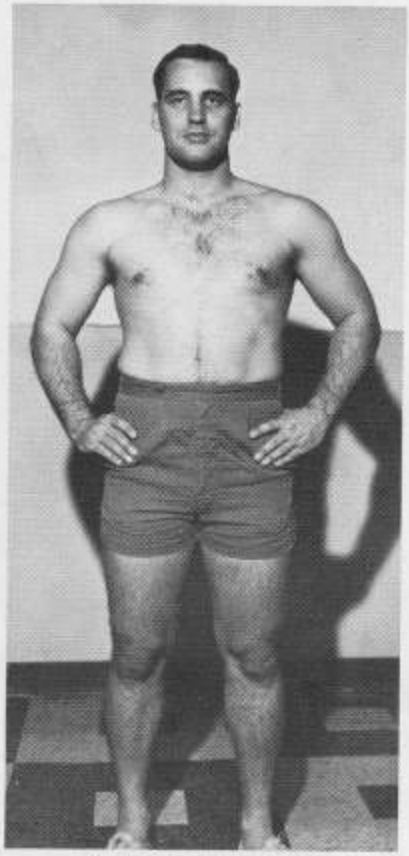
Why Everyone Needs Exercise

by DICK FALCON

Everyone needs exercise. Muscles are designed for use. All our internal processes are muscular and exercising strengthens and activates the internal as well as the external muscles of the body. Many people discontinue sports and active exercise when school days are over and working days begin.

It is generally known and accepted that sports and other physical activities are very beneficial for our youth of school age. However, the need and benefits of exercise for the young man out of school, and for those approaching or past middle-age, does not seem so well known. Many men believe that when they leave school and enter their thirties, they should expect to become more or less flabby. Another mistaken belief that seems common among teen-agers and adults alike, is that exercise may cause unsightly development of huge muscles that may result in a 'muscle-bound' condition. Many feel that the heavily muscled athletes and body builders are made stiff and slow by their over-developed muscles. This belief is entirely wrong as anyone can ascertain if he will but take the trouble to investigate. The writer has been associated for many years with extremely muscular men and he has always found them to be very supple and he also can verify that their muscles are just as soft as anyone else's when not flexed. Most of these muscular marvels are adept at all forms of acrobatics which require great speed and flexibility and many of them even include splits and backbends in their routine.

You boys and men who have hesitated in taking up exercise for fear of developing huge unwanted muscles may not know that it is NOT possible for everyone to develop huge muscles. The writer makes this statement on the basis of years of personal experience with his own body and also because of his careful studies of training results of thousands of boys and men in his own body-building studios, and in more recent years in health studios located in differ-



THE ENDOMORPH

MAX DAVIS is chiefly Endomorphic in physical type, which explains the roundness of his body as illustrated above. Although he does not show much external muscularity due to his physical type, Max is a powerful young man. He has been a star tackle for the University of Tampa football team for several years and he uses heavy weights in his training at the Smith Health Studio. Max is 6 feet, 1 inch tall and at present weighs about 228 pounds. In later years, as he becomes older and if he decreases his physical activities, he must watch his diet carefully in order to avoid becoming overweight, which is common in Endomorphics.

ent parts of the country that are equipped with the latest apparatus and where the newest methods are being taught. The writer's conclusions are substantiated by W.H.Sheldon, M.D., who spent years of extensive research of the male body and who took thousands of pictures to illustrate his findings, all of which are published in his books "*Variety of Human Physiques*" and "*Atlas of Men*," published by Harper & Brothers of New York.

Dr. Sheldon has devised a system of classification which divides the body into three basic components: Endomorphy. Mesomorphy and Ectomorphy. Endomorphy is the fatty component and means roundness and body softness. Mesomorphy is the muscle and bone component and means squareness and hardness of the body. Ectomorphy signifies the slender component and means fragility and slenderness. Each of these compon-

THE MESOMORPH

IVOR BUTCHER, who won the 1966 A.A.U. title 'The Most Muscular Man In Florida, is high in Mesomorphy. Most of our Mr. America title winners fall in this category. No matter whose system of training this type of person may follow, he will always acquire huge muscles. Ivor may be seen working out with the weights and other apparatus at Dom Lodato's Health Center in Tampa.

ents is divided into 7 parts and you will possess a portion of each component. Extreme types are rare. If you are prone to considerable fatness, you may be as high as 7 in Endomorphy and even though you followed the best possible diet and exercise methods, you could not build a muscular body. If you are as high as 7 in Mesomorphy, it is possible for you to develop a very muscular body. However, if you are a 7 in Ectomorphy, you will probably remain somewhat slender, regardless of your diet and exercise efforts. Since extreme types are rare, only a small percentage of our male population could build a very heavily muscled body. However, a person high in Mesomorphy, not desiring huge muscles, can maintain a pleasing appearance if he follows a moderate diet and a light exercise system.

Our modern way of life with all the labor-saving devices, mechanical transportation and soft and devitalized foods is causing many of us to become weak, fat and flabby. Many become resigned to protruding abdomens, increased bodyweight, loss of energy, gradual stooping of the shoulders, various stomach disorders, shortness of wind and a general run-down feeling. Later, poor circulation, constipation and other ailments set in. Yet many do very little towards preventing or eliminating these conditions mainly because they erroneously believe that these ailments are inevitable and that there is nothing they can do about it. It is amazing how many have this mistaken impression and how many believe that physical correction exercises will do them no good.

The abdominal region contains some of the most important organs vital to our health. Stomach ailments seem more common among the teen-agers who are overweight and among those that refrain from sports activities. In the thirty and over age groups, stomach ailments are quite common. An unhealthy abdomen is a breeding place for numerous diseases caused by dietetic imprudence. Lack of exercise of the

abdominal muscles causes them to become weak and flabby. All this can lead to serious ailments such as constipation and other abdominal diseases. Proper eating and exercise can prevent, correct or eliminate all this.

Thorough circulation is an essential part of healthful living and circulation is stimulated and influence through proper exercise.

Our body is like an automobile, to make it last longer and keep it running properly, we must strive to keep it in good repair by proper fuel and use, such as correct eating, drinking, deep breathing, rest, sunshine and exercise. But unlike the auto, we cannot buy ourselves a new body, it is the only one we will ever have. Therefore, what can be more important for you and I than to take proper steps to keep our body healthy, active, youthful and free from ailments as long as possible?

You, like I, probably know of people everywhere who are abusing and neglecting their health and bodies and who look prematurely old, either through indifference or ignorance of healthful living methods. Many have become physical and mental wrecks and others are on the way. Then, there are those who have been underweight from childhood and believe nothing can be done to improve their health and increase their bodyweight. To these, I say that thousands of sickly, underweight people have benefitted and gained health and bodyweight by following proper diet and exercise programs. I, myself, had my entire childhood and adolescent years ruined by incorrect eating, stomach disorders and underweight condition.

For those of you who are overweight and/or have large abdomens, let me state that proper diet and exercise are necessary for reducing and correcting the condition.

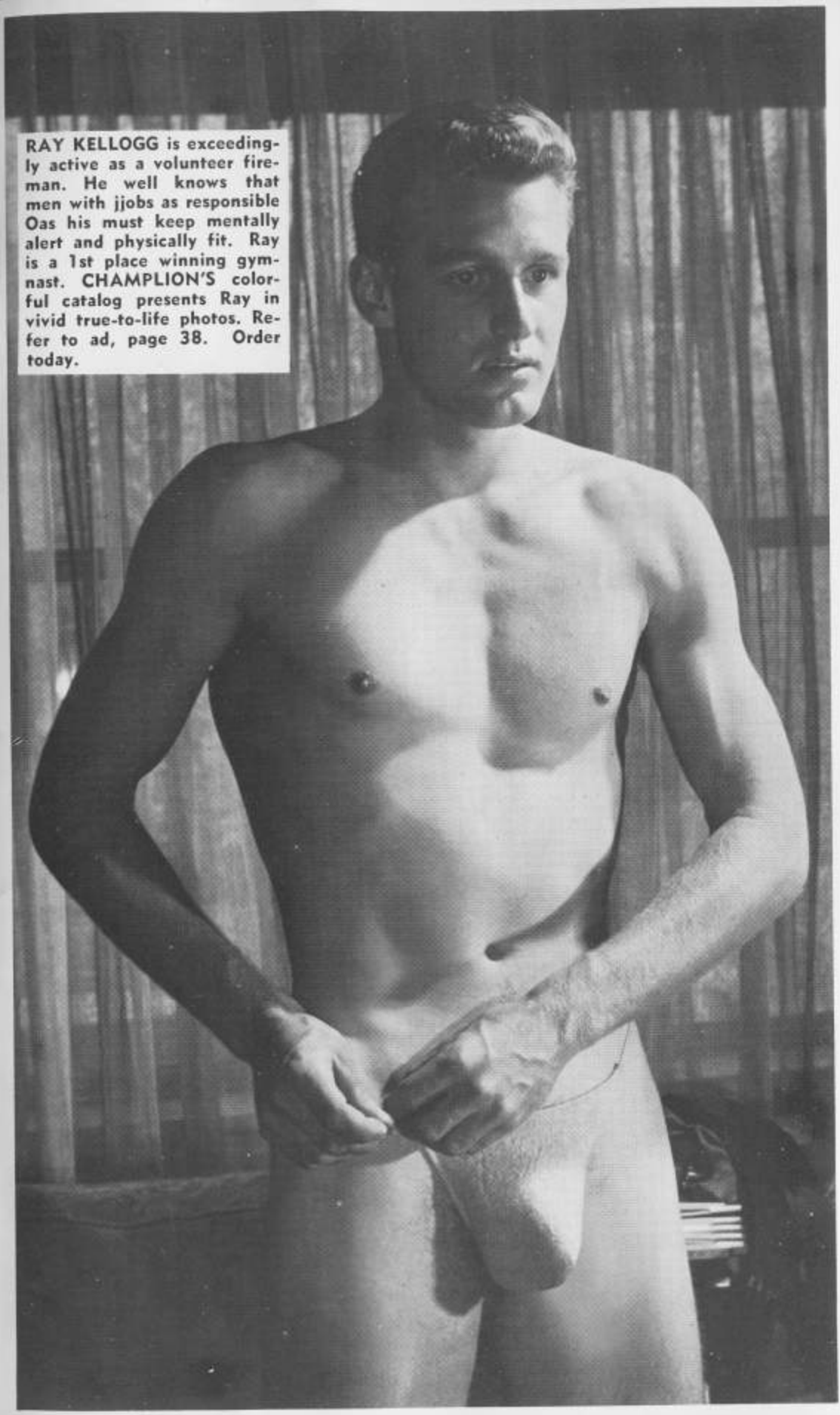
Take it from me, friends: it is all wrong to cling to the mental attitude that you are too old or too far gone to start on a plan of healthful living and that it will not help you. Exercise strengthens all

THE ECTOMORPH

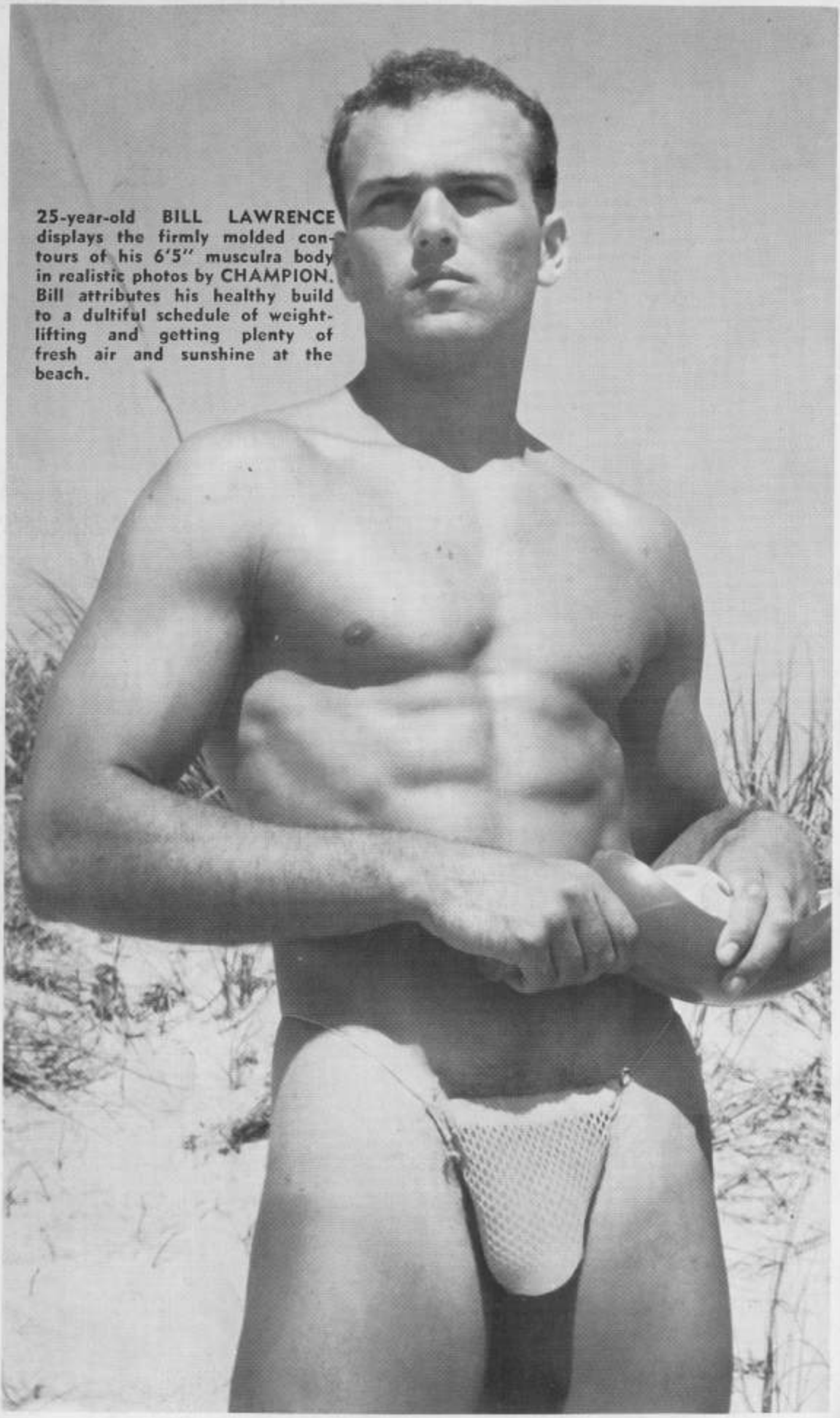
TONY FACENDA's physical type is predominantly high in Ectomorphy. Before joining Harry Smith's Health Studio in Tampa, Tony was considerably underweight and in a general run-down condition. After several years of proper eating and following specially designed weight gaining courses at the Smith Health Studio, Tony not only acquired glowing health, but he also increased his bodyweight and strength to a marked degree. Today, although he is still somewhat on the light side, due to his physical type, he feels full of energy and has a great zest for vigorous living.

parts of the body and stimulates better bodily functions.

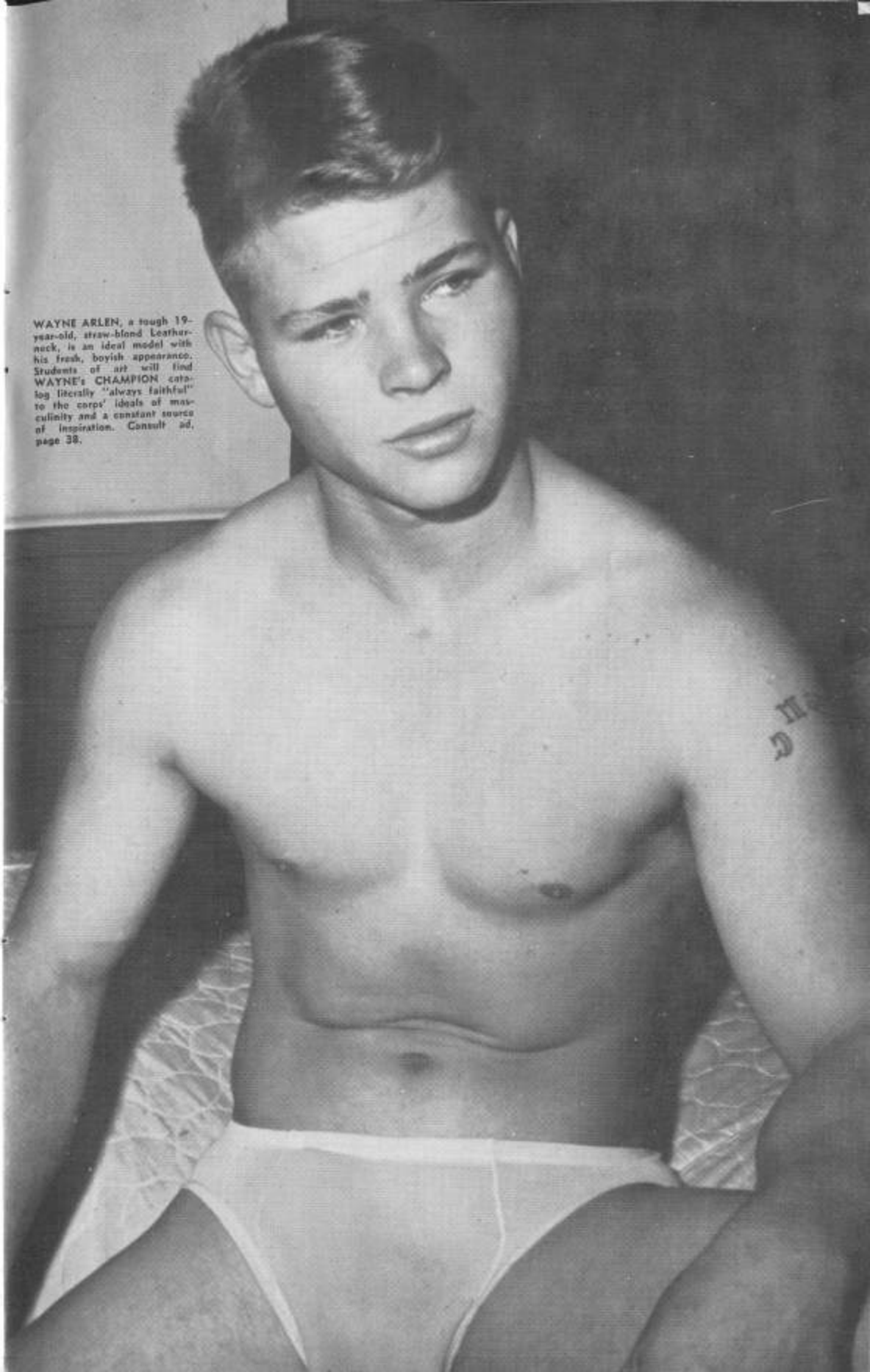
In his book "*Atlas of Men,*" Dr. Sheldon has divided us into 88 physical types, made up from components of the three basic types. We are born a certain physical type and no amount of exercise will change our inherited type. However, no matter if we are fat and flabby, or thin and weak and feel eternally tired, correct eating, plenty of sunshine, fresh air and more sports activities, plus specially designed exercise will give us increased energy and stamina, promote lasting health and make us feel good and youthful.



RAY KELLOGG is exceedingly active as a volunteer fireman. He well knows that men with jjobs as responsible Oas his must keep mentally alert and physically fit. Ray is a 1st place winning gymnast. CHAMPLION'S colorful catalog presents Ray in vivid true-to-life photos. Refer to ad, page 38. Order today.

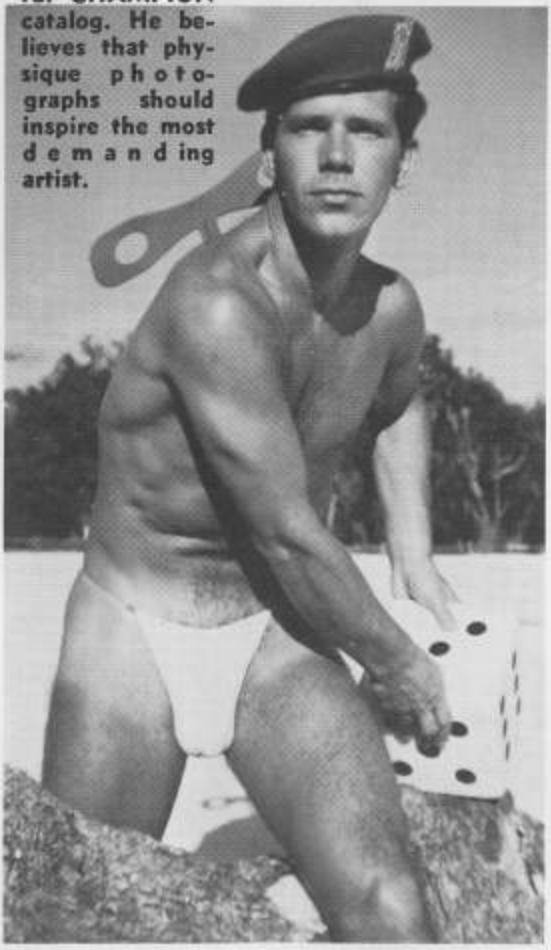


25-year-old BILL LAWRENCE displays the firmly molded contours of his 6'5" musculra body in realistic photos by CHAMPION. Bill attributes his healthy build to a dultiful schedule of weight-lifting and getting plenty of fresh air and sunshine at the beach.



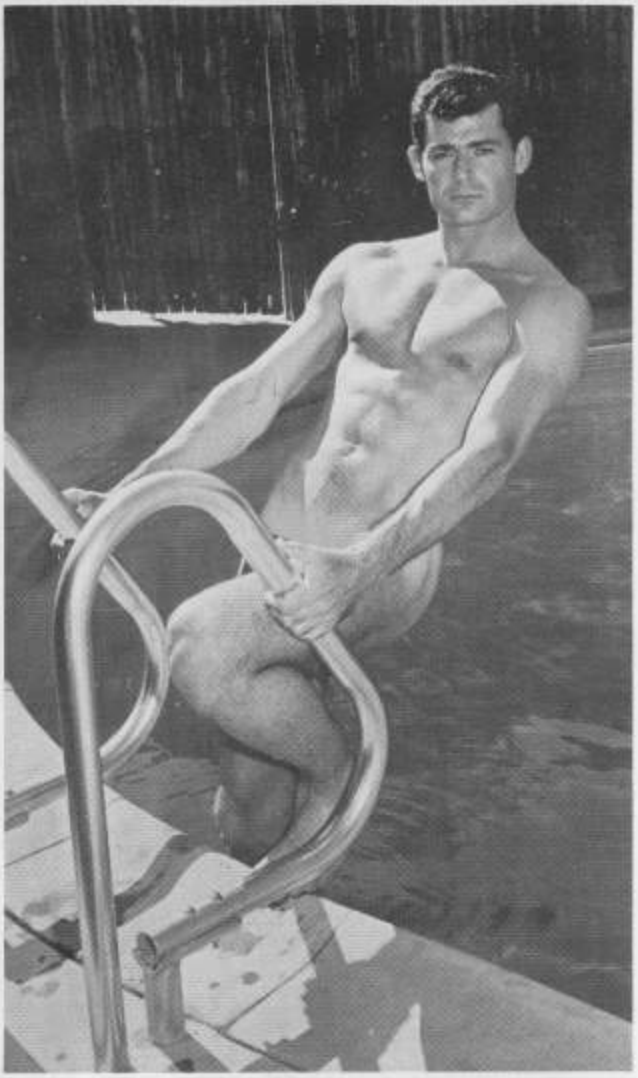
WAYNE ARLEN, a tough 19-year-old, straw-blond Leatherneck, is an ideal model with his fresh, boyish appearance. Students of art will find WAYNE's CHAMPION catalog literally "always faithful" to the corps' ideals of masculinity and a constant source of inspiration. Consult ad, page 38.

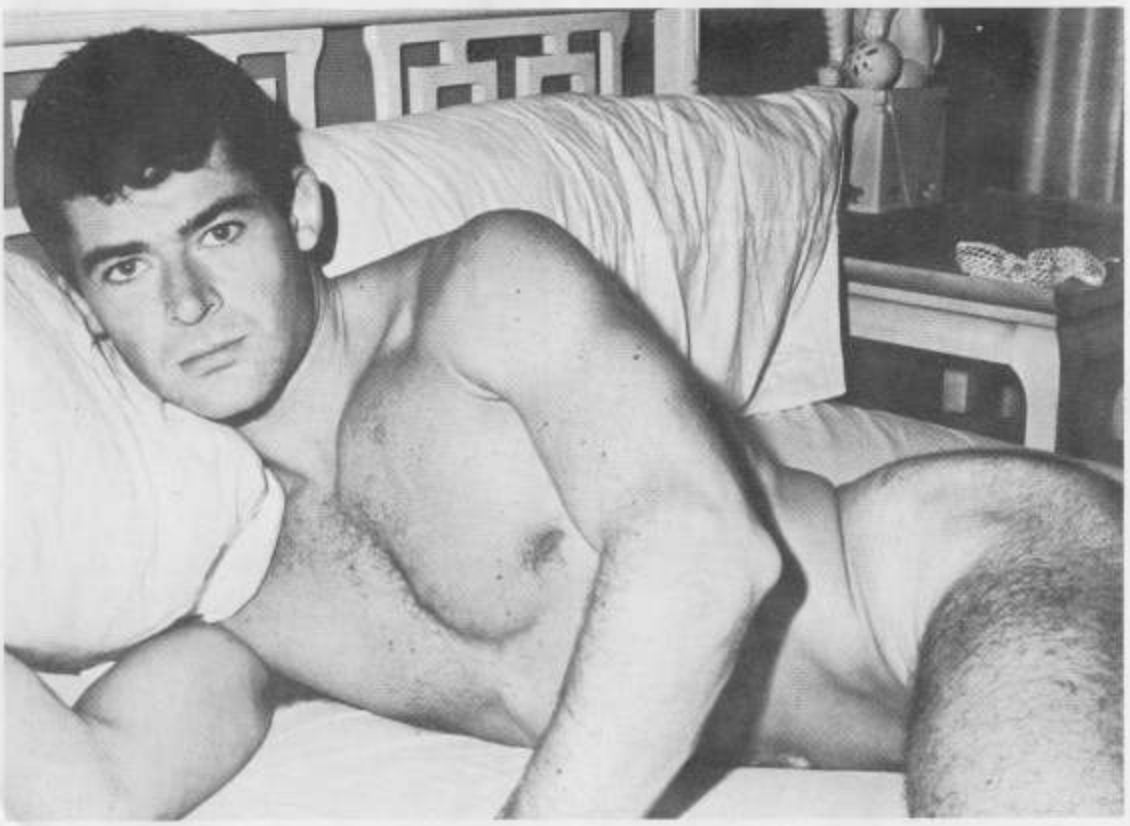
Personable TOMMy PAINE all brawn at 21, helpfully created his imaginative and msaterful CHAMPION catalog. He believes that physique photographs should inspire the most demanding artist.

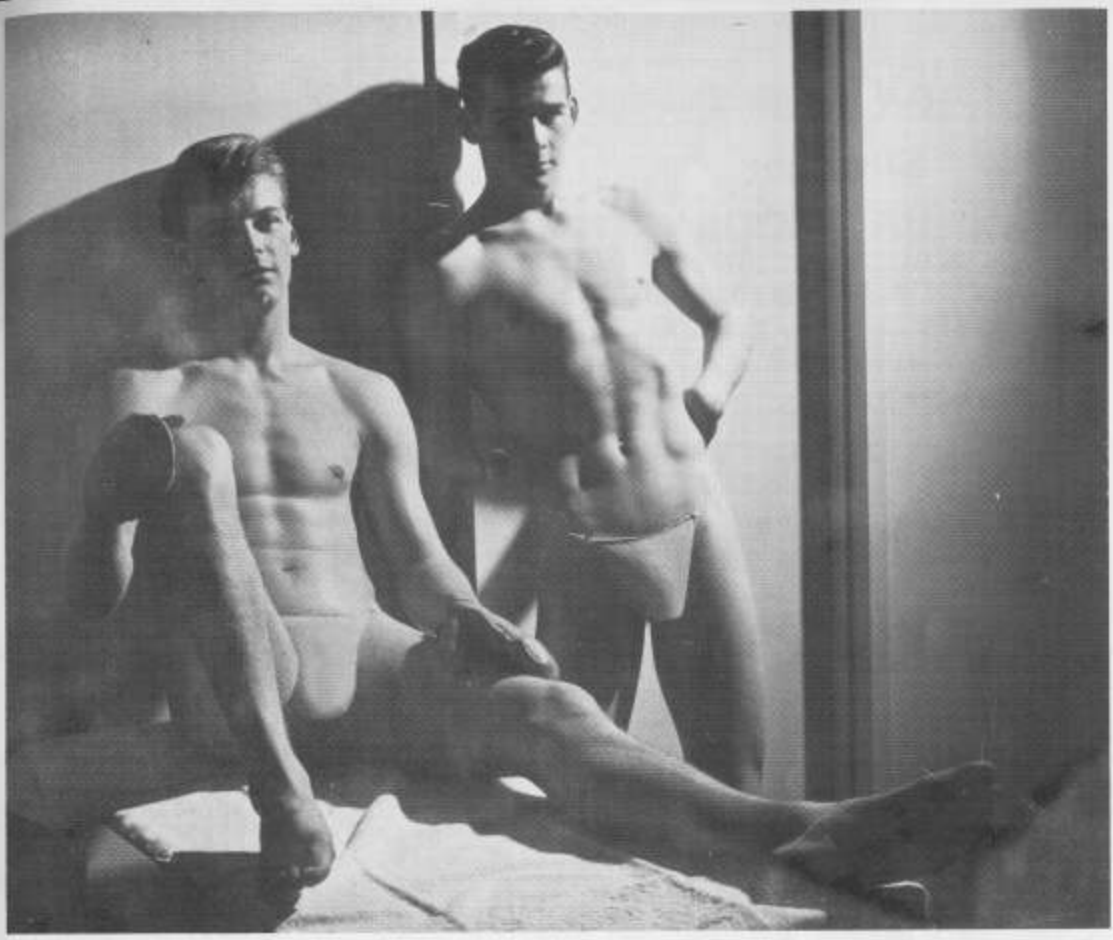


KJELD NIELSEN, 19-year-old blond Danis hseaman, knows the value of a strong muscular body when tackling his many duties as deck-hand aboard ship while riding the high seas. Order his colorful reference catalog by THEM now. Flip over to ad on page 35.

THEM'S physique studies of handsome 20-year-old, dark eyed, Greek Islander, NIKOS MAKROS, should stir artists and body-culturists alike to new heights of inspiration. Nikos has a personality as warm and as classically cut as his sunbathed native land of Paros. His entire body virtually feeds on fresh air and sun while Nikos works the heavy fishnets and oars of his boat. Turn to ad, page 35.







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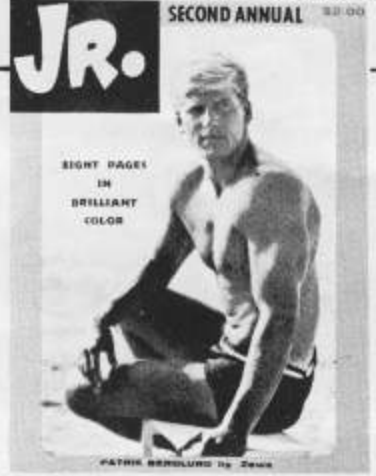

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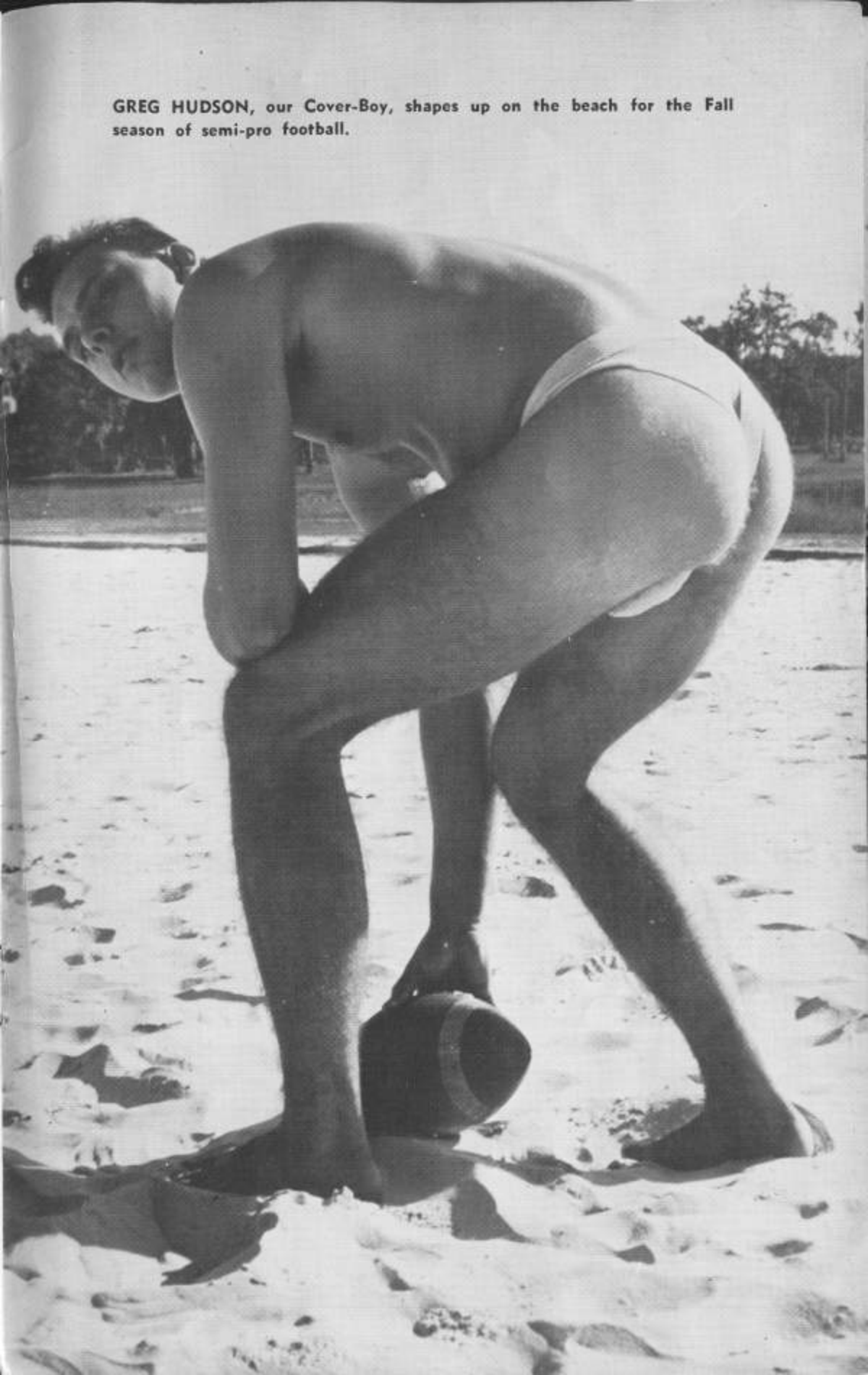
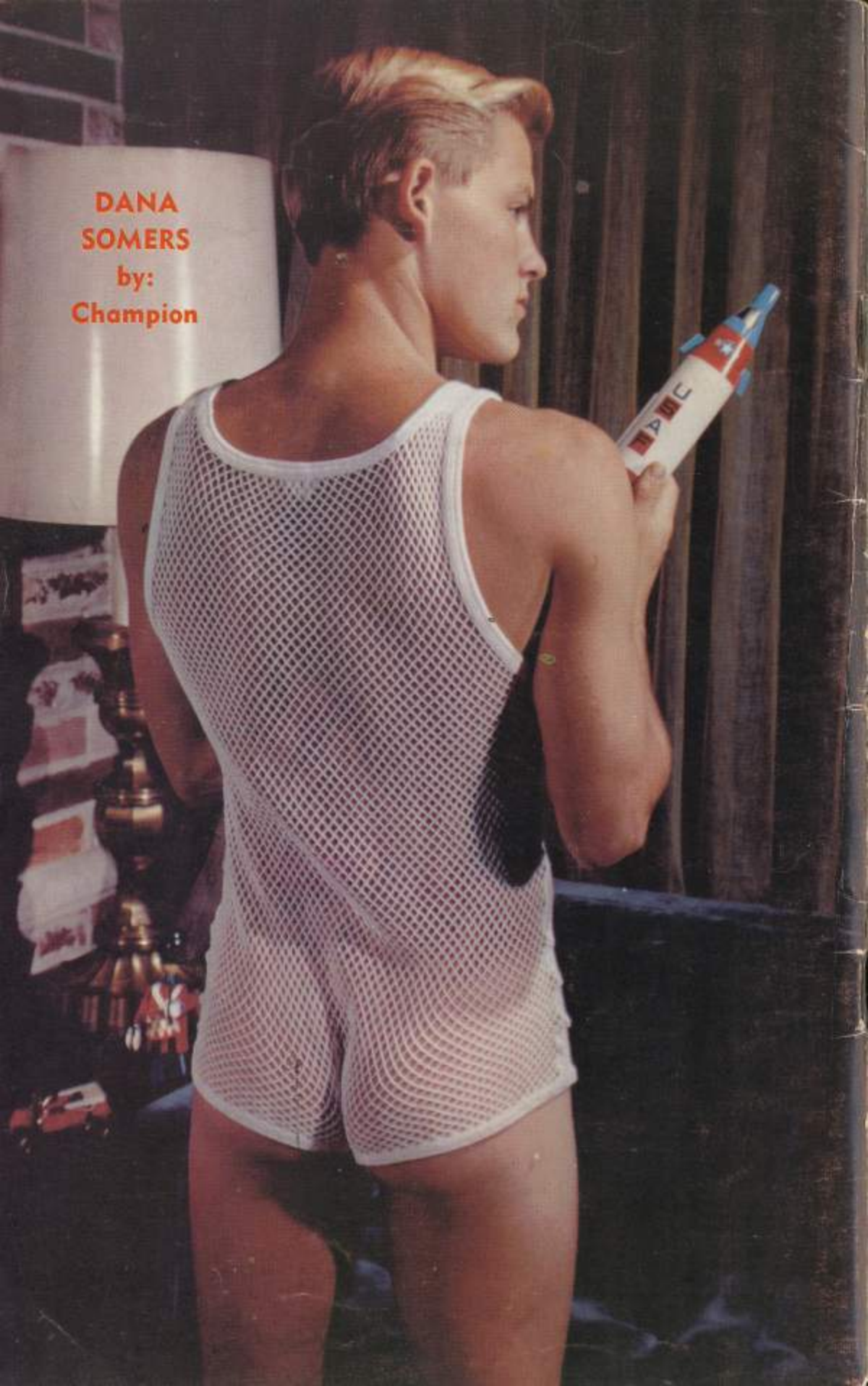
GREG HUDSON, our Cover-Boy, shapes up on the beach for the Fall season of semi-pro football.

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